

Let's Set a Goal

By setting goals, you may turn dreams into reality. Try setting goals by looking at what you can and cannot control. Next, list the steps that you need to take in order to achieve your goals. For example, winning the lottery is out of your control, but making a life change or taking on a new challenge is in your control.

What is your goal for your child? Your long-term goal may be that she becomes a successful adult. To achieve that long-term goal, your child must take many small steps. However, we know that youths do not think in terms of the distant future, but rather focus more on the present.

You can help your daughter become goal oriented by helping her set goals in her life. One goal might be to have a successful year in school. A goal should be broken down into small steps that show the progress being made toward the goal. Seeing the successes while working toward a goal can give her energy and encouragement to keep working toward the goal. For example, a good grade on a major project during the first nine weeks of school can inspire the next good grade.

Activity: Let's Set a Goal

This activity is based on the goal of a successful school year for your child.

Time: Ongoing

Materials: Paper and markers

To Begin:

- Explain to your child that you want to help her be successful in school this year. Discuss any difficulties or challenges that were encountered last year. List one to work on. Write it in the form of a goal. Decide exactly what needs to be done to achieve this goal. For example, if getting homework done caused problems last year, you may want to set a goal of getting all homework turned in on time for this year.
- Have your child list the tasks that must be done to accomplish the goal under the goal statement. Put the list on a bulletin board or on the refrigerator as a reminder.
- Agree to go over the list once a week to check on the progress that is being made.
- Let your child choose ways to celebrate her accomplishments as work progresses toward reaching the goal.